

Swim Lessons

Cost: \$32 for 8-weeks.

For Preschool ages 3 - 5; School ages 6 - 10
Tuesdays & Thursdays starting at 4:00pm
Brainerd and South Chattanooga
September 13 - October 6

Adult Lessons at South Chattanooga
Tuesdays & Thursdays at 5:00pm - 5:30pm

Saturdays at Brainerd Complex
10:15am: Beginners 2 - Participants must be able to paddle stroke without touching the bottom one width of the pool, back float, and be comfortable underwater.

10:50am: Beginner 1 - An introduction to basic swimming skills for school age students.

11:25am: Preschool ages 3 - 5 beginner swimmers.

12Noon: Beginner Adults.

Aquatic Programs

Home School Program: For home school students interested in competitive swimming!
Tuesdays & Thursdays, 3:00pm - 4:00pm
Brainerd & South Chattanooga.
Cost: \$36 for 6-weeks beginning Sept. 13th.

Youth Competitive Stroke Class: For new swimmers ages 6 - 10 who can complete one length of pool on their front & back without stopping. Intro to competitive swimming.
Mondays & Wednesdays, 4:15pm - 5:00pm at South Chattanooga Complex. \$36 for 6-weeks.

Therapeutic Aquatics: For individuals with special needs/disabilities.

Thursdays at Brainerd Complex

Starting September 8th. 6:30pm - 8:00pm.

Cost: \$1.00 per class.



Chattanooga Swimming USA Swim Team

Practices starting September 7th

Mondays, Wednesdays, & Thursdays
5:00pm - 6:00pm

Please call Peggy Grall for eligibility requirements and cost at (423) 697-1385.

Pool Rentals

- All pool parties must be booked at least two weeks in advance of the scheduled rental date.
- Max pool capacity is 25 people.
- No eating or drinking on pool deck.
- Children under age 6 must be accompanied by an adult in the water.
- Parties may not be scheduled during open swim times.
- All lifeguard staff will be provided by the City of Chattanooga.

Pool Rental Fees:

Saturdays, 4:00pm - 5:00pm. Cost: \$40 plus facility rental rate. Available Sept. - May only!

All other times: Minimum 2-hour rental required.
First two hours: \$80 plus facility rental fee.
Each additional hour: \$40 per hour.



Fall 2005



**PARKS AND
RECREATION**

**Aquatic Coordinator:
Peggy Grall**

697-1385

grall_p@mail.chattanooga.gov

www.chattanooga.gov/cpr

Indoor Pools:

Brainerd 4-lane pool with 0 depth entry
 1010 N. Moore Road 25-yard ramp with hand rails.
 Chattanooga, TN 37411 3ft - 5ft depth
 (423) 425-3600

South Chattanooga 4-lane pool with 0 depth entry
 1151 W. 40th Street 25-yard ramp with hand rails.
 Chattanooga, TN 37409 3ft - 5ft depth
 (423) 425-3550

Outdoor Pools: Closed thru 2006

Warner Park 8-lane, 50-meter pool
 1254 East Third Street 4-feet depth to 12-feet depth
 Chattanooga, TN 37404 Two wading pools:
 (423) 697-1330 1-ft to 2-ft depth
 2-ft to 4-ft depth

Carver 6-lane, 25-yard pool
 600 N. Orchard Knob St 3' 6" depth to 6-feet depth
 Chattanooga, TN 37406 12 ft diving well - No diving boards
 (423) 622-7665 1 - wading pool: 1-ft to 2-ft depth

**Cost: \$1.25 for ages 12 and up;
 75 cents for ages 11 and under**

Remember when using public pools:

- Proper swim attire required
- No diving or head first entries allowed
- Towels are not provided

Brainerd Adult Lap Swim

Priority during this time is given to those adults who are swimming laps.
 Mondays, Wednesdays, & Fridays
 9:00am - 10:00am
 Noon - 1:00pm
 Fridays starting at 12:15pm

Open Swim (For all ages)

Mondays & Wednesdays
 11:00am - Noon
 3:30pm - 5:30pm

Tuesdays & Thursdays
 Noon - 1:00pm
 4:00pm - 5:00pm (1/2 pool)
 6:00pm - 8:00pm (Tuesdays Only)

Fridays
 5:00pm - 8:00pm

Water Fitness Classes (\$2 per person)

Mondays, Wednesdays, Fridays
 10:00am

Mondays, Wednesdays: 6:00pm

Water Exercise I & II

(Formerly Arthritis Water Exercise)

Level I offers a low impact workout
 Level II picks up the pace with additional cardiovascular & strength exercises.

Level I: Tuesdays & Thursdays at 11am

Level II: Tuesdays & Thursdays at 9:15am
 Fridays at 11:15am - Noon.

South Chattanooga Adult Lap Swim

Priority during this time is given to those adults who are swimming laps.
 Mondays, Wednesdays, & Fridays
 9:00am - 10:00am

Open Swim (For all ages)

Mondays, Wednesdays, & Fridays
 11:00am - 12:30pm

Mondays & Wednesdays
 3:30pm - 5:00pm (1/2 pool)
 6:00pm - 8:00pm

Fridays
 3:30pm - 8:00pm

Tuesdays & Thursdays
 4:00pm - 5:00pm (1/2 pool)
 6:30pm - 8:00pm

Water Fitness Classes (\$2 per person)

Mondays, Wednesdays, Fridays
 10:00am

Tuesdays & Thursdays
 5:30pm

****POOL SCHEDULES FOR BOTH BRAINERD AND SOUTH CHATTANOOGA ARE SUBJECT TO CHANGE DUE TO AQUATIC SPECIALTY PROGRAMMING.****

